SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

Sliders in the spotlight

A new taste for summer with mouth-watering trimmed pork tenderloin and mushrooms between miniature buns PAGE 25

SPEED 2

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CALGARY metro®

Thursday, August 9, 2012

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Huynh's win inspires her Calgary peers

Heart of a champion.
Local wrestler claims Olympic bronze medal

KATIE TURNER
katie.turner@metronews.ca

Bated breath quickly turned to shouts of support at a northwest pub Wednesday as friends of Carol Huynh watched the Calgary wrestler claim an Olympic bronze medal.

Huynh, the 2008 Games champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. She said she was elated with the win. "I wanted that bronze medal," said Huynh.

The Riverstone Pub was packed with Carol Huynh supporters when the Calgary wrestler won a bronze medal on Wednesday. KATIE TURNER/METRO

She wasn't the only one hungry for a medal, as dozens gathered at the Riverstone Pub to cheer on Huynh and fellow Canadian Martine Dugrenier.

"The amount of emotion — your heart is racing. I think I feel more nervous watching than actually wrestling myself," said Monique Smith, a former member of the University of Calgary varsity team and a friend of Huynh. "The Calgary community — we're just so behind her."

Current varsity-team member Rachel Hall, 21, said the two-time Olympian has taught her a lot and often stays after practice to offer tips to the younger wrestlers.

"Especially watching this now, I can't wait to get back on the mat and keep training," said Hall. "It's really inspiring."

WITH FILES FROM THE CANADIAN PRESS

Calgary's Carol Huynh shows off her bronze medal in 48-kilogram women's freestyle wrestling at the Olympic Games in London on Wednesday. For more Olympic coverage, see pages 27-28. FRANK GUNN/THE CANADIAN PRESS

AHS spenders prompt inquiry

Province reviews expense and hiring policies PAGE 3

No Facebook? For shame!

Eschew social media and risk being labelled a misfit PAGE 10

Missing: 7 Olympians

Confusion over Cameroon athletes' disappearance PAGE 12

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AHS affair. Tension rises over executive's expenses

The province is reviewing its expense and hiring policies after two senior health executives quit over lavish claims worth $346,000.

The review will be conducted by Alberta's information commissioner and Don Scott, associate minister of accountability.

"I am leading an initiative that will result in greater transparency on travel and expenses, with stricter reporting requirements for cabinet ministers, as well as executives in government and in agencies, boards and commissions," Scott said in a release on Wednesday.

The announcement was prompted by the resignation of Allaudin Merali last week as chief financial officer of Alberta Health Services over his expense claims when he worked for the now defunct Capital Health Region. The claims filed between 2005 and 2009 included expensive restaurant meals, maintenance for his Mercedes and international trips.

Sheila Weatherill, his boss at the time, who approved the expense claims, also stepped down last week from the board of Alberta Health Services.

Wildrose party Leader Danielle Smith called on Premier Alison Redford to fire Health Minister Fred Horne over the expense claims and other problems in the health ministry.

Smith said Horne, who took over the job of health minister only last October, has lost the confidence of the public to properly manage AHS.

Horne's press secretary said the minister would not respond to Smith's remarks.

THE CANADIAN PRESS

Self-defence expert Kerry Sauve shows Metro's Candice Ward how to break free of duct tape, which he says is a common weapon of sexual predators.

CANDICE WARD/FOR METRO

Women learning self-defence after flashings, gropings

Fighting back. Experts want women always to keep personal safety top of mind — but not to overreact

JEREMY NOLAIS
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While police say a string of recent sex-related incidents against Calgary women is typical for this time of year, local self-defence experts are reporting a surge in business.

Other women are forgoing the training altogether and asking about buying knives, bear spray and even slash-proof T-shirts, says Darren Tarkowski, who owns Spy City.

"Legally, we can't sell them anything if they plan to use it as a weapon," he said. "It has to be novelty items only."

Women have complained of at least seven sex-related encounters in recent weeks in various areas of the city. They range from flashing to actual groping.

Officers have warned that predator activities can escalate. A psychologist speaking to Metro last week compared exhibitionism to a drug, saying a person is likely to commit increasingly brazen acts over time.

"I definitely do see a lot of increase when these sort of things happen," said self-defence trainer Kerry Sauve of Calgary-based StreetSense Safety Inc.

Two others in a similar line of work echoed his claim on Wednesday.

"It's kind of sad that people take an interest in their personal safety only when there's a tragedy," Sauve said.

Tarkowski, meanwhile, says some customers in recent days have referred to incidents reported in the newspaper or on television.

"The bottom line is some people don't feel safe on Calgary streets right now," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Take that!

Some self-defence tips from StreetSense Safety Inc.'s Kerry Sauve:

- **Use your instincts.** "Don't second-guess yourself. The longer you stay in a bad situation, the worse it is," Sauve says.
- **Make lots of noise.** If a predator approaches, run away as fast as possible and yell, scream and do anything else that's loud.
- **Use your cellphone.** Call the police and use your GPS locator and personal-safety apps.

1 NEWS

Mobile news

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Extradition order

Accused war criminal's appeal rejected

The Alberta Court of Appeal has rejected an accused Guatemalan war criminal's fight to avoid extradition to the United States on immigration charges.

Jorge Vinicio Orantes Sosa was arrested in Lethbridge, Alta., in January, 2011.

He is accused of lying to immigration officials about his military past when he applied for U.S. citizenship.

Sosa, who has Canadian citizenship as well, is also wanted by Guatemalan authorities for the alleged massacre of civilians in the village of Dos Erres during that country's civil war.

In a written decision, Justice Brian O'Ferrall said Sosa's request to appeal the extradition order is denied. He said whether Sosa committed any crimes in Guatemala has no influence on whether he is returned to the United States.

THE CANADIAN PRESS

Safety concerns

Groups say pipeline review too narrow

Groups that pushed for a review of pipeline safety in Alberta say Premier Alison Redford's government is shutting them out.

Last month, the province announced an independent audit is to focus on how pipeline safety is managed.

It is also to look at the safety of pipelines that cross waterways and how the province responds to spills.

Greenpeace Canada, the Alberta Surface Rights Group and the Council of Canadians say the scope of the review is too narrow.

THE CANADIAN PRESS

Highland Park

Standoff spans hours

Police have one man in custody after a standoff took place in a home in the community of Highland Park early Wednesday morning.

Police say the man is known to them, but have released few other details.

METRO

Plaza Theatre here to stay, owner says

Support. Local film community members plan to continue fundraising for historic venue

JEREMY NOLAIS
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Calgary's lone remaining independent theatre is keeping its doors open, claims its owner, despite media reports to the contrary.

Mike Brar says the Plaza Theatre, which first raised its curtains before the Second World War, is not in the dire financial straits reported in an online article and television news piece late last month.

"It's here this year, it will be here next year and the year after that," said Brar, who was reached while on vacation in Edmonton.

The Plaza owner did concede he is facing some additional costs with the film industry's shift to digital, but added it's not enough to bankrupt the business.

Fearing the Plaza's closure, a few local film buffs and performers had already organized an online fundraising campaign, which, to date, has raised about $1,200, said actor Benjamin Laird.

"It's good news," Laird said after learning of Brar's comments. "Certainly, we would be willing to help going forward."

Brar said he doesn't know what to make of the fundraiser or numerous other online pleas to save his theatre, which is not actually in jeopardy.

"I am not really sure what to say about that," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

The Uptown shuts down

- Word that the Plaza Theatre will remain open comes just a week after organizers at another independent Calgary theatre, the Uptown Stage and Screen, announced they would be closing the doors, citing a dramatic rise in movie piracy and popularity of Internet movie services like Netflix.

Calgary's Plaza Theatre is not in danger of closing, says its owner. METRO FILE

Police. Warrant issued for Red Deer man

RCMP has issued a province-wide arrest warrant for a Red Deer man who should be considered possibly armed and dangerous.

Curtis Troy Sear, 38, stands six-foot-one and weights 217 pounds. He has short, red hair, hazel eyes and a number of tattoos. Anyone with any information about his whereabouts is asked to contact police. METRO

Study. Climate change getting squirrelly?

University of Alberta research suggests that squirrels in southern Alberta are already starting to suffer from climate change.

Biologist Jeff Lane says that late-season snowfalls in the Claresholm area have been increasing over the last 20 years — as predicted by climate change models. Those snowfalls are delaying the date at which squirrels emerge from hibernation, which reduces the time they have to reproduce and bulk up to survive the next winter.

Lane found in the first decade of his study that there was only one year where squirrel populations shrank. In the second decade, they shrank almost half the time.

Lane says if those effects are showing up in squirrels, other wild animals in southern Alberta are likely to be affected as well. THE CANADIAN PRESS

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Victim unable to recall vicious Stampede-time beating

Public plea. Police seeking possible witness who appeared in camera footage

JEREMY NOLAIS
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Doctors have informed the family of a Calgary man found beaten to near death last month that he may never fully recall what happened.

Brendan Cathery, 24, had attended a number of Calgary Stampede-themed events during the day on July 12, and was last seen by co-workers at the Chicago Chophouse around 10:45 p.m., according to sister Jane Cathery.

Brendan left the restaurant and was expected at his girlfriend's apartment a few minutes later, but he never showed.

Two hours later, he was found on the ground unconscious near the intersection of 9th Avenue and 5th Street S.W. Brendan was placed in a medically induced coma while he recovered from brain injuries and two broken orbital bones. He has since awoken and is doing well in hospital, Jane said during an interview Wednesday.

"A lot of things around that day are a bit confusing for him right now," she added. "His memory's still not 100 per cent.... My guess is he will probably never remember what happened. They (doctors) have told us brain trauma can cause that."

Without a solid recollection from the victim, Calgary police issued a plea Wednesday for a person seen in obtained CCTV footage approaching Brendan, removing his wallet and phone and placing it on a nearby ledge.

It's not clear if anything was taken.

Trying to focus more on her brother's recovery than the ongoing investigation, Jane said Brendan could be released from hospital in a month's time.

"We just take things day by day," she said. "That's all we really can do."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Support Brendan blog

Jane Cathery has been documenting the recovery of her brother following a vicious beating through an online blog, supportbrendan.wordpress.com.

Brendan Cathery is seen in the clothes he was wearing the day he was savagely beaten and left on a city street during a day of Calgary Stampede festivities last month. COURTESY OF CALGARY POLICE

Parking authority to mark stall lines on downtown streets

Congested parking areas like this in Calgary's downtown core could become a little more organized if T-shaped stall lines were drawn, says the parking authority head. KATIE TURNER/METRO

T could soon mark the spot for motorists hoping to park on Calgary streets.

The city's parking authority is hoping to begin a trial before fall that would see T-shaped lines drawn on downtown streets to delineate proper parking stalls, similar to in a lot or garage.

"It could increase parking capacity by adding space in areas where people haven't parked as efficiently as possible," said Calgary Parking Authority manager Troy McLeod.

The designated on-street stall lines would also help ensure motorists to steer clear of fire-hydrants and to avoid parking dangerously close to corners, McLeod said.

The authority's ParkPlus system, which records transactions using licence-plate registration, has already opened more spaces in the city core, as each spot is no longer reliant on having a meter installed in front of it.

McLeod envisions starting small with the on-street parking initiative.

"We want to try a block or two out with this.... We would survey people to find out if they found the experience more enjoyable," McLeod said.

He added that trials would likely be run in the downtown but that the initiative could eventually expand to other areas of the city.

KATIE TURNER/METRO

For more local news, go to metronews.ca

Parking to a T

- **The Calgary Parking Authority currently oversees more than 4,000 on-street parking stalls in the downtown core alone.**
- **Other cities like Vancouver and Ottawa already mark on-street parking using T-shaped lines, said parking authority manager Troy McLeod.**

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Study says. Stressed men find plumper women hot

Many men might say they're most attracted to women who are svelte, icons of that so-called feminine ideal portrayed in magazines and other media.

But never fear, you ladies of more Rubenesque proportions: It seems a man's body-size preference can be somewhat fluid — and one of the factors that appears to affect it is stress.

British researchers have found that men faced with a stressful situation tend to change their assessment of what constitutes an attractive female, moving away from slender to a range of plumper women.

For Olympics devotees, think heftier weight lifters or hammer throwers rather than lean and lithe gymnasts or sprinters.

THE CANADIAN PRESS

Testing the effects of stress

- Forty-one men were subjected to a number of stress-inducing tasks, including a mock job interview
- Both groups were then shown photographs of female body types ranging from emaciated through obese, with faces removed.
- The stressed group gave significantly higher attractiveness ratings to normal weight and overweight figures than did the non-stressed group

Under construction

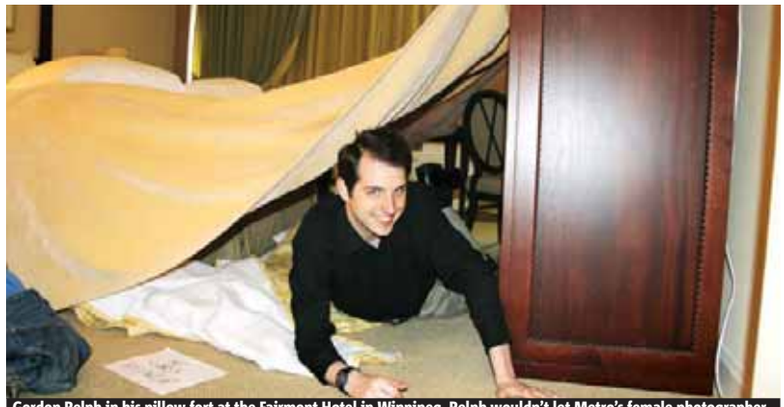
One World Trade Center fire a false alarm: Reports

Authorities say a fire on the 88th floor of One Word Trade Center in New York is likely a false alarm. The tower is the main part of the construction at the site of the 9-11 attacks. The building is now the tallest in New York.

A spokesman for the Port Authority of New York and New Jersey, which owns the site, says the fire report was called in by a member of the public Wednesday and is believed to be a false alarm. THE ASSOCIATED PRESS

Fairmont Winnipeg is holding down the fort

No girls allowed.
A grown man asks hotel staff to build him a fort ... and the rest is online viral history



Gordon Relph in his pillow fort at the Fairmont Hotel in Winnipeg. Relph wouldn't let Metro's female photographer inside, citing the "No girls allowed" rule. BERNICE PONTANILLA/METRO

ELISHA DACEY
elisha.dacey@metronews.ca

Going along with a guest's cheeky sense of humour just might have netted a Winnipeg hotel a giant PR boost.

As of 11:30 a.m. local time on Wednesday, more than 160,000 people had viewed a series of photos uploaded by a guest at the Fairmont Hotel in Winnipeg only 14 hours earlier. The guest, identified on photo-sharing site Imgur as InGordWeTrust, said that when he booked the room he asked for a pre-made pillow fort and two vanilla cokes under the "special requirements" section.

Staff at the hotel provided him with instructions on how to build a fort, several extra pillows and blankets, a basket of free goodies and a coupon good for two of the requested drinks, made from scratch by the hotel staff.

The man, Gordon Relph, documented the gesture by uploading several pictures, including two pictures of himself with a smile on his face and photos of the fort he constructed.

It quickly spread.

"We've got a remarkable team here at the hotel," said Jacques Laverene, spokesperson for the Fairmont Winnipeg.

"Oddly enough, this isn't a one-off. We deal with an interesting mix of clientele here and we get some pretty off-the-wall requests. It's part of the culture here at the hotel."

Relph, 26, said he was taken aback by the attention.

"Obviously I never thought it would take off like this," said Relph from an office in Winnipeg, where he's in town on business until Friday.

The Kelowna-born Calgarian said he'd never before made this kind of request from a hotel and that he was surprised when staff complied. "I thought, well, let's just do it."

He said he used the fort and even slept on the floor all night.

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Proved right after a decade: Agencies tapped phone calls

Affidavit filed. Suspect's long doubted ex-lawyer now vindicated by CSIS's and CBSA's recent admissions that agents tapped conversations

A lawyer who represented two men branded as threats to national security said Wednesday he was stunned to discover confirmation of his long-held suspicions that government agents had listened in on his phone calls with his clients.

Federal lawyers had heaped scorn on him when he first raised the issue a decade ago, Rocco Galati said, and it was only recently he learned he'd been right all along.

From March 1999 to the end of 2003, the Toronto lawyer acted for two Egyptians slapped separately with national-security certificates: Mohamed Mahjoub and Mahmoud Jaballah.

Lawyer Rocco Galati outside Federal Court in Toronto on Wednesday.
COLIN PERKEL/THE CANADIAN PRESS

The government deemed the men terrorist threats, with much of its case based on secret evidence they were not allowed to see.

A dozen years later, both men — in prison or under house arrest despite facing no charges in Canada — are still fighting to have their certificates quashed.

In 2008, Canada's spy agency admitted listening in on Mahjoub's calls with his lawyers, but only as a way to monitor his bail conditions, one of which included his consent to having his phone tapped.

A judge quickly ordered an end to the practice.

Mahjoub's current lawyers have since gained access to information that shows the Canadian Security Intelligence Service and the Canada Border Services Agency had been intercepting communications between him and his lawyers, including Galati, from the get-go.

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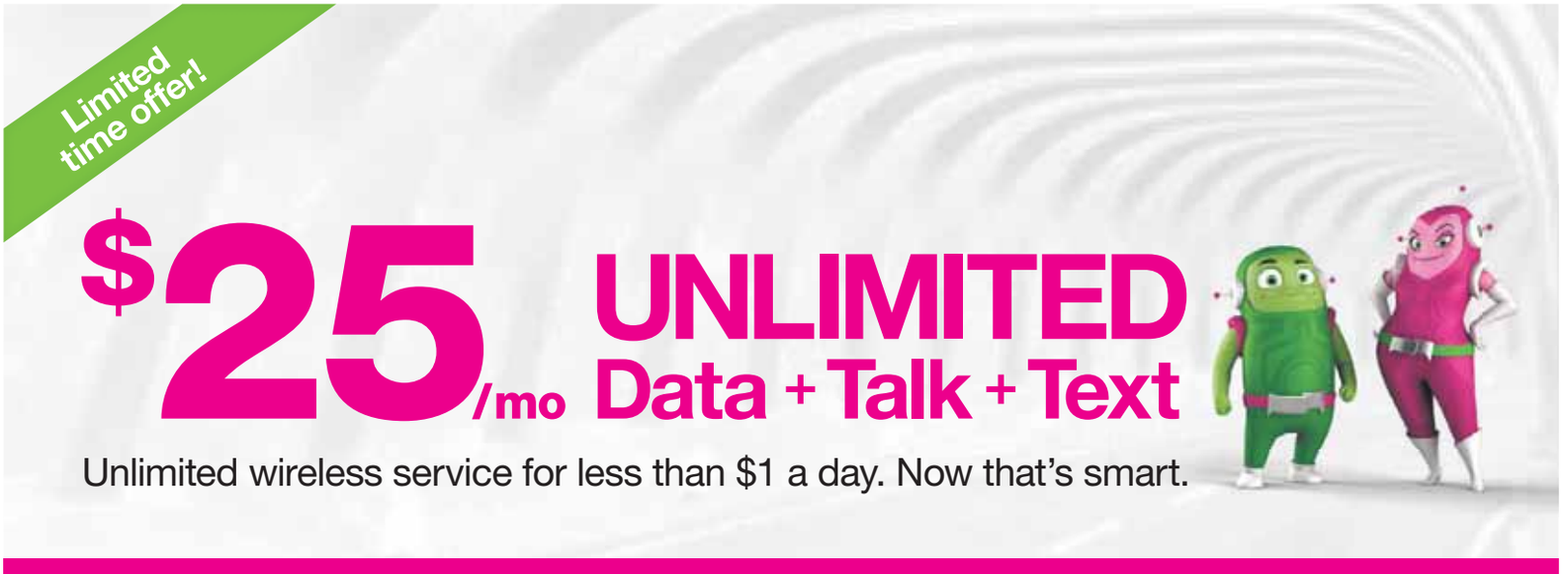
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Sikh temple massacre

Gunman shot himself: FBI

The gunman who killed six people at a Sikh temple in the U.S. died of a self-inflicted gunshot wound to the head after he was shot by police, the FBI announced Wednesday.

Authorities previously said an officer had fired the shot that killed gunman Wade Michael Page.

THE ASSOCIATED PRESS

Settlement

Troops trained by mercenary army

Canadian troops and police were trained for two years by the international security contractor formerly known as Blackwater, court records show. The partnership was revealed as part of a $7.5-million settlement of criminal charges against the company that's now known as Academi LLC.

The Harper government has had a standing, untendered contract with the company, referred to as the world's largest mercenary army, since 2008.

THE CANADIAN PRESS

Does social media help expose anti-social misfits?

Controversy. Psychologist believes someone's absence from sites such as Facebook could be a red flag

James Holmes, left, and Anders Breivik. The accused killers' slim social-media presence was deemed suspicious by a psychologist. TOP: AFP/POOL/RJ SANGOSTI/RJ SANGOSTI/AFP/GETTYIMAGES; BOTTOM: LISE ASERUD/AFP/GETTY IMAGES

If you're a Facebook holdout, or have chosen to abandon the social-media hangout for any number of reasons, be prepared to be labelled a misfit — or worse.

The net has been abuzz this week about a story attributed to the German newsmagazine Der Tagesspiegel in which a psychologist concluded that the slim social-media presences of two accused killers, Norwegian Anders Breivik and Colorado-theatre-massacre suspect James Holmes, were suspicious.

With a global population of seven billion and about 955 million registered Facebook users — technological and economic barriers notwithstanding — that's a scary proposition.

However, an immediate concern may be the weight placed on the social network by employers.

While the Maryland Department of Public Safety and Correctional Services have backed off earlier demands for the Facebook passwords of workers to check their profiles for troubling behaviour, it's still seen as a tool to vet potential employees.

"Anecdotally, I've heard both job seekers and employers wonder aloud about what it means if a job candidate doesn't have a Facebook account. Does it mean they deactivated it because it was full of red flags? Are they hiding something?" asked a Forbes.com writer.

And the dating game tells a similar story.

Slate advice columnist Emily Yoffe told one woman: "I'm fine with people not having a Facebook page if they don't want one. However ... if you're of a certain age and you meet someone who you are about to go to bed with, and that person doesn't have a Facebook page, you may be getting a false name. It could be some kind of red flag."

For the digital generation, that kind of sentiment is understandable, said Queen's University media professor Sidneyeve Matrix.

"Facebook really is the way that you vet folks that you like, you cross paths and socialize with," she said. "There's a lot of commonsense wisdom there, because we do want to vet people."

TORSTAR NEWS SERVICE

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Wanted: Single white drug mule

Trafficking 2.0.
That sweet-talking cybermate on the online-dating site could be the front for a drug cartel in search of unwitting smugglers

LILLO MONTALTO MONELLA
Metro World News in Buenos Aires

One day, Sharon's and Catherine's online daters, named "Frank" and "Marc," asked them to finally meet in person, but not before one last favour: Travelling to Argentina to pick up some sensitive documents.

The women eventually agreed, thinking their dream had finally come true. But the documents, hidden without their knowledge in a secret compartment of their luggage, turned out to be cocaine.

That's how Sharon Mae Armstrong, 55, a former high-ranking civil servant in New Zealand, and Catherine Blackhawk, 49, an American nurse, suddenly became the last link in a drug-trafficking chain. Astonished, they ended up behind bars last year in the same federal prison outside Buenos Aires.

Their cases show that dating deceits — which rose by 150 per cent last year alone, fraud-protection agency Iovation reveals — are moving beyond the simple "take the money and run" into the domain of highly organized criminal cartels.

"People like Sharon are thrown into the fray with luggage where the cocaine is easily detectable," says Claudio Izaguirre, president of the Argentine Anti-Drugs Association. "She is just a decoy, a scapegoat. The real mules are behind her, managing to get through while the attention falls on her."

In January, a third person fell into the same cybertrap and was caught at Buenos Aires airport: Paul Howard Frampton, 69, a distinguished professor of physics and astronomy at the University of North Carolina at Chapel Hill.

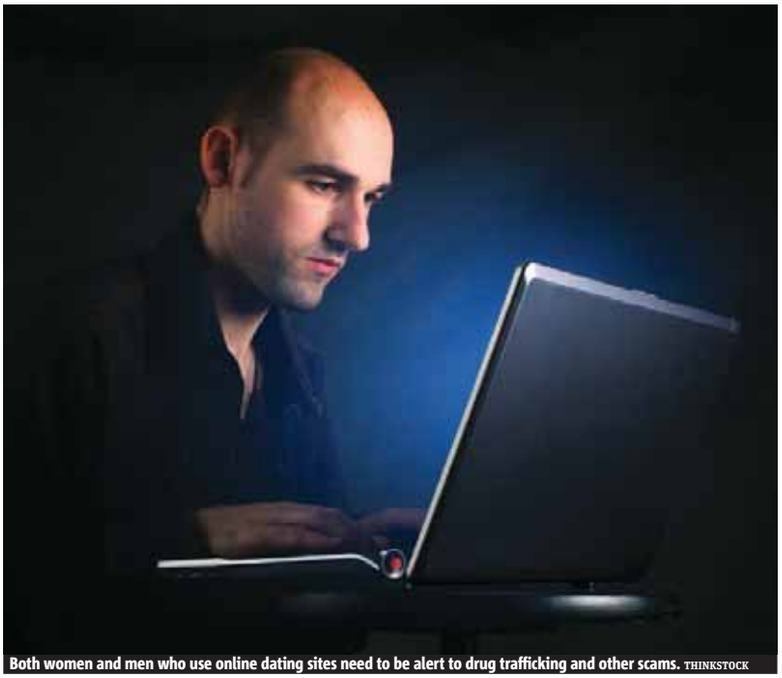
Frampton has said he was lured to meet a woman he thought he had been chatting with on the Internet, Czech-born lingerie model Denise Milani. He was given luggage to carry by someone claiming to be Milani's intermediary. The case contained two kilograms of cocaine.

Julieta Lacroze, Armstrong's lawyer in Buenos Aires, says it's hard to find exact figures for the pervasiveness of cyberdating scams. Victims tend to feel humiliated, so most frauds go unreported.

"It is easy for criminal organizations. They just have to sit down and chat," Lacroze said. "Three months of work via the Internet, and that's it. For five kilograms of cocaine, that's a fairly good return."

Protect yourself

- Websites such as Romancescam.com are dedicated to raising awareness of online fraud and helping people detect scammers before it's too late.



Both women and men who use online dating sites need to be alert to drug trafficking and other scams. THINKSTOCK

Case study

Sharon Mae Armstrong, arrested on April 13, 2011, faced 16 years in jail but in the end was sentenced to four years, 10 months. Waiting for an appeal, she tells Metro how she got tricked.

"A cousin of mine created an account for me on a dating website. It had been 20 years since I had been in a relationship, and I was not really interested. On the very last three or four days before the trial subscription's expiration, I was approached by this guy who said he was living in the same city where I'd just moved looking for a new job. I was in a very vulnerable position. He kept saying we were going to get married. He was a very good talker. I should have known."

SHARON MAE ARMSTRONG
Former deputy chief executive, Maori Language Commission of New Zealand

Q&A

'I lost a lot of work due to what happened'

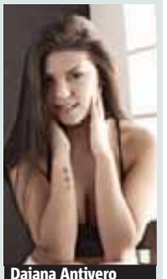
Argentine model Daiana Antivero, 19, was arrested last year on drug-smuggling charges. She was later released, but the incident earned her the nickname "Narco Model."

You were accused of organizing logistics for a gang of traffickers trying to smuggle cocaine in Holland. What happened?
It all started from a favour I did for my ex-boyfriend. He asked me to make a phone call to book a hotel for a guy I hadn't even met before. It was a supposed drug mule, but I did not know it.

Now your ex-boyfriend is in jail. Do you suspect him of using you and being a part of a cartel?
I don't think he did. A trafficker usually has a lot of money. He used to get around the city with public transport — a narco doesn't travel this way.

How do you feel about being called Narco Model? Did it help your career?
Not at all. I lost a lot of work due to what happened.

What do you think of Sharon Armstrong's case?
They always take advantage of weak or naive people. My experience helped me a lot. Now I think at least five times before doing a favour for someone. I did it without realizing, and the day after, I was in jail. LILLO MONTALTO MONELLA/METRO WORLD NEWS



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Sect kept kids in underground captivity

'Kingdom' raided. Children lived in cells for years, rarely saw the light of day and never attended school

A self-proclaimed prophet had a vision from God: He would build an Islamic kingdom — under the earth.

Digging began in a Russian province about a decade ago and 70 followers soon moved into an eight-level subterranean honeycomb of cramped cells with no light, heat or ventilation.

Children were born. They, too, lived in the cold underground cells for many years — until authorities raided the compound last week and freed the 27 sons and daughters of the sect.

Aged one to 17, the children rarely saw the light of day and had never left the property, attended school or been seen by a doctor, officials in the oil-rich Volga River province of Tatarstan said Wednesday. Their parents were charged with child abuse.

Quoted

The children "looked nourished but dirty, so we had to wash them."

Pediatrician Tatyana Moroz

The sect's 83-year-old founder, Faizrakhman Satarov, was charged with negligence, said Irina Petrova, deputy prosecutor in the provincial capital of Kazan.

The children were discovered when police searched the sect grounds as part of an investigation into the recent killing of a top Tatarstan Muslim cleric.

THE ASSOCIATED PRESS

Two members of the underground sect are pictured Wednesday.

NIKOLAY ALEXANDROV/THE ASSOCIATED PRESS

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Games mystery. Athletes stage a team event with a difference — disappearing

Where are they?

The disappearance of seven Olympic athletes from one of the poorest nations on Earth was turning into a gold-medal mystery Wednesday.

Seven Cameroon athletes left London's Olympic village in the dead of night and disappeared.

They may be seeking new homes and better sports opportunities elsewhere, a Cameroon Olympic official said.

The Olympians have valid U.K. visas that would allow them to stay in Britain for six months, said press attache Emmanuel Tataw, noting this has happened before to national or Olympic squads competing in Melbourne and Athens.

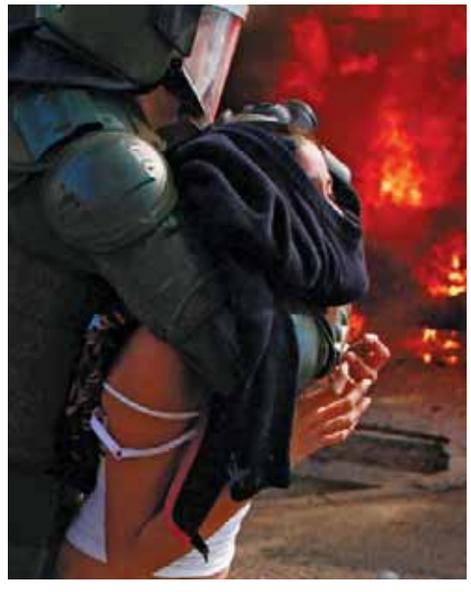
"Most of the time they don't come back," he said.

The missing athletes include five boxers, a swimmer and a soccer player, all of whom had completed their events.

Cameroon, a predominantly French-speaking nation of 20 million in west central Africa, has an estimated 2011 economic output of just $1,230 per person, according to the International Monetary Fund.

Tataw said the five boxers also had other European visas because they had trained in Italy before the Games.

That would make it easier for them to travel legally to other European countries, including France, which has a large Cameroonian community. THE ASSOCIATED PRESS



In the grip of the law ...

As a bus erupts in flames in the background, a young woman is taken away by riot police during a fiery protest by students demanding free education in Santiago, Chile, on Wednesday. Police used water cannon and tear gas to break up the protest. Three buses were set ablaze.

LUIS HIDALGO/THE ASSOCIATED PRESS

Man pleads guilty to South African honeymoon killing

Justice. Husband allegedly hired people to murder his wife

Mziwamadoda Qwabe
THE ASSOCIATED PRESS FILE

The South African man who drove a Swedish bride to her death after allegedly being hired by her British husband to kill her on their honeymoon pleaded guilty Wednesday to the slaying and received a 25-year prison sentence after offering chilling details about the killing.

Mziwamadoda Qwabe, 27, described in a statement how he wore yellow gloves to avoid leaving fingerprints the November 2010 night he and alleged accomplice Xolile Mngeni kidnapped and killed Anni Dewani. Qwabe said he helped carry out the killing of the 28-year-old bride for only 15,000 rand (about $2,100 US), and said he knew her accompanying husband Shrien Dewani paid for the slaying and wanted her dead.

Mngeni was the one who shot Anni Dewani through her neck with a 7.62-mm pistol, Qwabe's statement read.

Shrien Dewani is fighting extradition to South Africa and continuing to deny he orchestrated the killing.

Judge John Hlophe of the Western Cape High Court accepted Qwabe's guilty plea Wednesday on charges of kidnapping, robbery, murder and illegal possession of a firearm.

Lawyers and prosecutors also met with Mngeni, who will return to court Monday for the possible start of his trial over Dewani's killing, said Eric Ntabazalila, a spokesman for South Africa's National Prosecuting Authority.

Qwabe and Mngeni's trial has been postponed several times due to Mngeni's poor health. Mngeni had surgery to remove a brain tumour in June 2011.

Ashok Hindocha, Anni Dewani's uncle, said Wednesday that her family was pleased Qwabe pleaded guilty, but that they still "want to know what really happened."

"The way we feel is that we are going through legal torture," Hindocha told the U.K. Press Association. "It is extremely stressful for the family."

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Court orders Tories to find new arbitrator

Labour dispute. Canada Post's largest union learns via Facebook of Guy Dufort's ties to Conservative party

The Federal Court has ordered the Harper government to find a new arbitrator in a lingering dispute between Canada Post and its biggest union.

In a decision released Wednesday, the court said arbitrator Guy Dufort's previous work for Canada Post and history as a Conservative candidate in Quebec casts doubt on his impartiality.

"In light of the unique context of labour relations and the special law, the court concludes that a reasonable and sensible person might worry that the arbitrator is biased because of these two reasons," says a summary of the decision.

The union says Dufort's Facebook page contained links to Conservative groups under the "activities and interests" section, and he was "friends" on the social-networking site with both Labour Minister Lisa Raitt and Tory MP Steven Fletcher, the junior minister responsible for Canada Post. The links have since been removed.

"The union has written to Lisa Raitt, asking that a mediator be appointed to facilitate the collective bargaining process instead of appointing another 'friend' to force a winner-takes-all final offer selection on the parties as mandated by the back-to-work legislation," CUPW said in a statement.

The government is now considering its options, and Raitt's office had little to say on the matter.

"Our government took action and passed a law to restore delivery mail to Canadians. We acted in the best interests of Canadian in doing so," the minister said in a statement provided by her office.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.54¢ (+0.29¢)

TSX 11,781.04 (-82.46)

OIL $93.35 US (-32¢)

GOLD $1,616 US (+$3.20)

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Dow Jones: 13,175.64 (+7.04)

Real estate. Canadian home prices expected to drop slower than in U.S. and Europe

Canadian home prices are likely to decline 10 per cent over the next two to three years, before facing a period of "prolonged" softness in both prices and sales, says a new report from Scotia Economics.

"The correction will be concentrated in the Toronto and Vancouver markets, where supply risks and affordability pressures have the potential to trigger larger price adjustments," says the report by Scotia bank's Global Economic Research Group. Pent-up demand for housing has been "effectively exhausted" by the decade-long housing boom, which has seen home ownership reach record levels, the report notes.

A house "sold" sign in Oakville, Ont. Scotiabank says the Canadian housing market is beginning to cool, especially in Toronto and Vancouver, which have been red-hot markets. RICHARD BUCHAN/THE CANADIAN PRESS

But "Canada's housing market is expected to avoid the sharp downturn witnessed in the United States and Europe," it says. TORSTAR NEWS SERVICE

Major airports

Canada's language watchdog going undercover

Canada's bilingualism watchdog is going undercover at eight major airports to see if travellers are served equally well in English and French.

Official Languages Commissioner Graham Fraser says his office will conduct more than 1,500 anonymous observations this fall at airports in Halifax, Quebec City, Montreal, Ottawa, Toronto, Winnipeg, Edmonton and Vancouver.

He says audits have been done in the past, but this will be the first time so many are done at once.

THE CANADIAN PRESS

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SIGNALLING AN END TO CYCLISTS' CAMARADERIE

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I am a rogue of sorts. A self-loather, perhaps. A traitor to my own people.

I ride a bicycle, and I hate cyclists.

It's a moral quandary, to be sure. Since there's apparently a war between bikes and cars, I am a king without a country. I kickstand alone.

It's tough, but I have little choice in the matter. Experience has taught me that many cyclists do not know the rules of the road. In fact, I'm not confident that most cyclists know there *are* rules of the road.

This makes every bike ride I take an emotional roller-coaster.

Two directions

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity.

At first, I'm happy. This stage lasts a good 15 seconds.

But then I start to tense up like a child with divorcing parents, because I know there's going to be yelling.

And, sure enough, sometime within the next few minutes I'm barking at someone, usually a "fellow" cyclist. Despite my shrieks, it never seems to get any better. I guess I'm not yelling properly.

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity. Can you imagine if a car moved into a bike lane and honked at a cyclist to move? The Car vs. Bike War would go to DEFCON 1.

As history and J.J. Abrams have taught us, it's human instinct to hate The Others because you don't know their perspective and therefore assume the worst. But to me it makes more sense to hate The Sames because I'm well aware of their perspective and don't understand why they aren't as good as me.

I'm not a great cyclist by any means, but it isn't exactly a high bar to jump over. No BMX skills required.

And when confronted with their lack of skills or knowledge, most cyclists give one of two infuriating answers.

1. "The chances of me hurting anybody by breaking the rules are much less than if a car did it." This is equivalent to saying, "Yeah, I punch stuff randomly, but imagine if I had a baseball bat. That'd be crazy."

2. "Motorists wouldn't know what to do if I signalled properly and followed the rules anyway." At which point I have to get my helmet replaced because I've slammed my head repeatedly against a table.

It hurts me to say it, but I hate you, bad cyclists. I don't know where we took a wrong turn, but I'm sure you didn't signal it.

So our friendship must now come to a full stop. Then again, I guess you don't know what that is.

I know following the rules of the road is tough, but someone has to do it.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Record heat tough to shake off

THE IDAHO STATESMAN/DARIN OSWALD/THE ASSOCIATED PRESS

Hot hot heat

U.S. saw warmest July in more than 100 years

Teagan Rogers, 10, enjoys a splash of cool water at Borah Pool Tuesday in Boise, Idaho.

This probably comes as no surprise: U.S. scientists say July was the hottest month ever recorded in the Lower 48 states, breaking a record set during the Dust Bowl of the 1930s. THE ASSOCIATED PRESS

Global warming

"This would not have happened in the absence of human-caused climate change."

Michael Mann
Pennsylvania State University climate scientist

Dust Bowl record broken

- In the past, skeptics of global warming have pointed to the Dust Bowl to argue that recent heat isn't unprecedented.
- But climate scientist Jake Crouch, of the National Oceanic and Atmospheric Administration, said this shows that the current year "is out and beyond those Dust Bowl years. We're rivlaling and beating them consistently from month to month."

Average temperature

25 C

The average temperature last month was 25 C. That breaks the old record from July 1936, according to the National Oceanic and Atmospheric Administration. Records go back to 1895.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you saving for retirement?

Twitter

@Christi_Millar: while the rest of us are trying to get to work, I'm not sure this is the time for the transit supervisor to chastise our driver. eff. #yyc

@mediaeye: I think I fell for fake Taber corn. It wasn't that tasty. Bought at Canadian Tire in Shawnessy #yyc Anyone else??? #tabercorn

@DarrenZed: My word, could the women in #yyc get any hotter? I almost crashed my car like 5 times driving downtown. #ILoveAllOfYou

@jaydorn: This train smells worse than the common stampede tent. Yes, it's that bad. #yyc

@Morgaine_j: I put jeans on this morning because it was chilly, boy was that a mistake... #yyc

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Music vet documents local scene

Live footage. Lonnie James draws attention to the Calgary garage rock/punk movement, which he says is underappreciated

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Lonnie James still has a passion for music more than 30 years after his band, The Cutz, released Nuclear Hall of Fame, Calgary's first punk-rock single.

Now 50, James is playing regular shows with two local bands — Seven Story Redhead and The Ex-Boyfriends — sharing the stage with musicians half his age.

"I've been chewed up and spit out more times than I can count," says the veteran drummer, who spent 20 years in Toronto playing with numerous bands, including Halifax indie faves The Super Friendz and Montreal power pop legends, The Nils.

"A lot of my contemporaries are bitter and they don't even play music anymore or they don't enjoy it anymore. I don't know what happened to me, but I still dig it."

While he believes the city has one of the best music scenes in the country, James is frustrated at what he perceives as a lack of support from Calgarians.

"It's a big corporate city where people would rather see a Quiet Riot cover band," he says.

"That can draw 500 people and sell $10,000 worth of booze a night. Whereas bands like Forbidden Dimension and The Von Zippers, who have been playing for 20 years and are two of the best bands in Canada, play for 14 people at Broken City and split $75 at the end of the night."

To draw attention to Calgary's music scene — at least the garage rock/punk side of it — James and his wife, Susan Simpson, decided to produce and direct a documentary focusing on eight local bands and their approach to music.

"We wanted to get some of the bands who have been in the scene for a while and some of the up-and-coming acts like Miesha & the Spanks and The Pine Tarts to have a different viewpoint," says Simpson.

"We wanted to see how different generations view the music scene."

The filmmakers will be shooting live footage for their documentary on Friday and Saturday during The Atomic Sock Hop at The Distillery downtown and are hoping to get a good crowd for the scenes.

"We want to get this film shown at the Calgary Underground Film Festival or the Calgary International Film Festival and Sled Island, NXNE and SXSW," says James.

Details

- The Atomic Sock Hop takes place Friday and Saturday at The Distillery, 615 - 7 Ave. S.W. Both shows start at 9:30 p.m.
- Seven Story Redhead, The Fags, Pine Tarts and Forbidden Dimension play Friday night while The Ex-Boyfriends, Miesha & the Spanks, Cripple Creek Fairies and The Von Zippers are featured Saturday.

Indie filmmakers Lonnie James and Susan Simpson are promoting Calgary's music scene with the Atomic Sock Hop this weekend and have a documentary in the works. SUPPLIED

2SCENE

On the web

Madonna dons ski mask in Moscow to show support for jailed punk band Pussy Riot

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Sackhoff's courage, honesty resonate with fans

Star of Longmire. Popular actress sees a lot of herself in outspoken TV star, Real Housewife Bethenny Frankel

Actress Katee Sackhoff has a confession: She's obsessed with TV personality Bethenny Frankel.

"She's probably a kindred spirit of mine," said Sackhoff, who stars on the A&E series Longmire, in a recent interview. "She's my sister from another mother (and) I've never met her."

Frankel became famous as one of the cast members of The Real Housewives of New York. She's written several books and recently debuted a talk show on Fox.

Sackhoff, 32, has had success playing women who aren't shrinking violets.

She starred as Kara "Starbuck" Thrace on Battlestar Galactica, which made her a fanboy sex symbol. Now she's Deputy Sheriff Victoria "Vic" Moretti on Longmire, based on the bestselling novels by Craig Johnson.

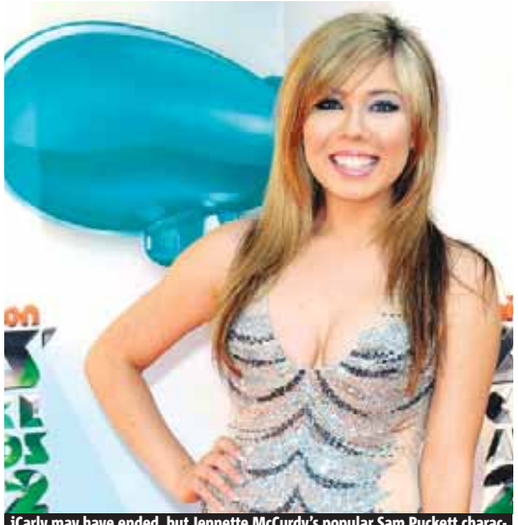
"I love the fact that she walks into a room and she wakes you up. She's loud, she's fast and she's great at her job, and she says things that she probably shouldn't say and she does things that she probably shouldn't do," she says. "I think that she's probably the closest that I've played to myself, which is really fun."

Longmire premiered to 4.1 million viewers, making it A&E's top-rated original series premiere ever. It's been picked up for a second season.

"It's a hit and it's really weird. I feel this fondness for it that I felt toward Battlestar," Sackhoff says.

THE ASSOCIATED PRESS

Battlestar Galactica made Katee Sackhoff famous, and now she's drawing viewers to her new show, Longmire. URSULA COYOTE/ASSOCIATED PRESS



iCarly may have ended, but Jennette McCurdy's popular Sam Puckett character will live on in the new show Sam & Cat. JASON REDMOND/ASSOCIATED PRESS

iCarly star moves on with a spinoff

Same character, new show. Jennette McCurdy will keep Sam Puckett alive when spinoff Sam & Cat debuts next year

Nickelodeon's hit show iCarly made Jennette McCurdy a star, and although the show will air its series finale in November, the 20-year-old doesn't have to worry about what comes next.

The network has tapped McCurdy and actress Ariana Grande to star in a spinoff tentatively titled, Sam & Cat.

The series will follow the girls' characters, Sam Puckett from iCarly and Cat Valentine from Victorious, as they become roommates and start a babysitting business.

Sam & Cat will be produced by Dan Schneider, who is behind Nickelodeon shows iCarly, Victorious, Zoey 101 and Drake & Josh.

"I couldn't be under a better person's wing, so I'm really happy about that decision," McCurdy said.

McCurdy describes taping the series finale of iCarly, which has won many awards and attracted a large following among adults as well as kids, as emotional.

"The last day of shooting was really sad. There was a lot of crying and there were a lot of hugs going around. None of us wanted to say goodbye really."

The new show is expected to debut on Nickelodeon in the U.S. early in 2013.

Many Nickelodeon shows, like iCarly, are carried on YTV and Nickelodeon Canada in Canada.

McCurdy hopes that celebrities will appear on the new show, as they did on iCarly, which included guest spots by first lady Michelle Obama, Jimmy Fallon, One Direction and Jane Lynch.

Who would be her ideal guest star?

"Andrew Garfield. I'm gonna marry him," she said with a laugh. "In my dreams maybe. Sorry, Emma Stone. Emma Stone was on iCarly. If she sees this, she's gonna kill me. Oh my goodness. No. I love him though. I love his face. I love his hair! Andrew Garfield, I love you."

THE ASSOCIATED PRESS

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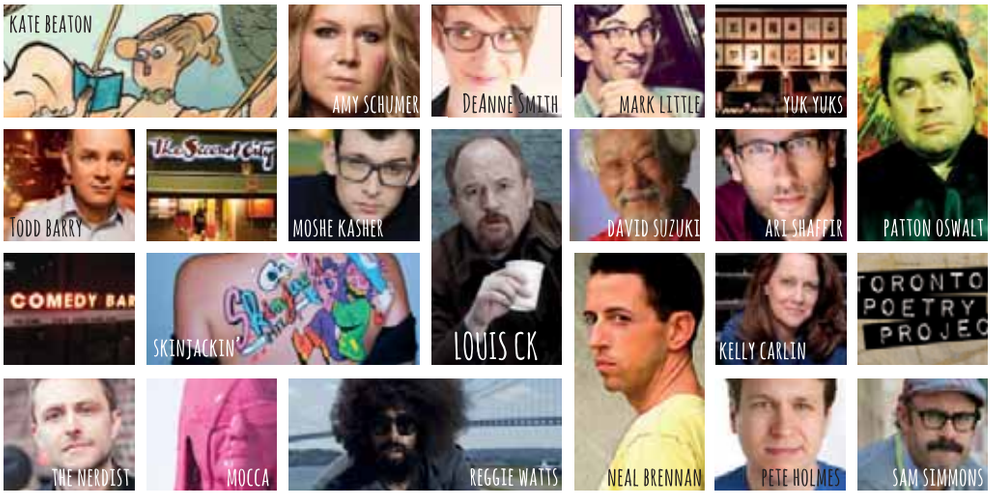

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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

Baby No. 4 for Hollywood power couple? Not if Garner can help it

Jennifer Garner and Ben Affleck recently welcomed their third child, son Samuel, and there's apparently some disagreement in their house about whether or not their family is complete. "The fact that Ben wants another is true," Garner tells Extra. "I can tell you that would be a pretty uphill battle with me. I am not anticipating having any more kids." That makes sense, considering Garner's admission of how hectic baby No. 3 has made things. "It's absolute chaos," she says. "I really did not realize how much more work three was going to be than two."

Rupert Sanders. GETTY IMAGES

Pulling a Pattinson? Sanders' wife spotted without wedding ring

Rupert Sanders has some serious regrets about his admitted affair with his Snow White and the Huntsman star, Kristen Stewart — especially since his wife, Liberty Ross, has been spotted out and about in Los Angeles with their two children but without her wedding ring. "Rupert is willing to do absolutely anything and everything he can to save his marriage. He realizes this is the worst mistake of his life, and he cannot believe he was so stupid," a source tells Radar Online. "The thought of losing his wife and children, who he loves more than anything in the world, is killing him."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

JLo: Oh, hell no!

THE WORD
Monica Weymouth
scene@metronews.ca

Hakob Manoukian, Jennifer Lopez's driver, recently filed a lawsuit against the singer, claiming that he was forced to resign after being publicly embarrassed by her manager.

But now, JLo has answered with a $20 million-plus extortion countersuit, claiming Manoukian demanded money to keep her secrets from the press, reports TMZ.

We can't help but wonder: How much do you pay your driver if you sue him for $20 million? And does writing a gossip column disqualify you for the job?

Pattinson speaks!

Robert Pattinson has been lying low ever since girlfriend Kristen Stewart's very public affair with director Rupert Sanders.

That said, he has a movie to promote, so next week he'll make his first appearance on the only show too classy to provide material for this column.

Catch Pattinson Monday on The Daily Show with Jon Stewart, where he'll talk about his latest film, Cosmopolis, before getting harassed on Wednesday's Good Morning America.

Twitter

@GarryShandling
I'm sure this is a little stupid, but have u noticed how amazing it is that you can't see the horses under the water in water polo?

@justinbieber
bball with the fellas today

@MissKellyO
My new favorite thing on earth is giving people the double thums up! They have no idea what to do & sometimes you get a nerves half thums up

@SandraBernhard
imagine if dogs could start speaking how much noise there would be on the street.

Elton John trash-talks Madonna, but she isn't having any of it

Madonna has heard Elton John's expletive-filled criticism of her and her latest tour, and she isn't taking it lying down. "Ultimately, she doesn't care what he has to say about her in public or private. She has nothing to prove to anyone, especially Elton John," a source tells the Huffington Post. "To say her tour is a disaster is just silly. She is selling out arenas. (She's) singing new material and a few classic hits. (John) will be singing the same old songs until he dies."

Anne Hathaway as Catwoman. SUBMITTED

So what did Obama like best about the new Batman movie?

Barack Obama has seen the latest Batman movie, the Dark Knight Rises, and he knows which part he liked best: Anne Hathaway's Catwoman. "She's spectacular," Obama told reporters, according to Hollyscoop. "She was the best thing in it. That's just my personal opinion."

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Handling hot summer hair

Get the look. With temperatures soaring, it's the perfect time to sweep the mop off our sticky necks and up into a dreamy design

TINA CHADHA
Metro World News in New York

We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-by-step tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

Tool of choice

- "Spray a dry shampoo — especially if you have fine hair — to your roots and mid length to add texture to your locks and for some more grip," says Balding.
- She likes Redken Powder Refresh ($8, redken.com).

Behold the finished product! METRO WORLD NEWS

1. Divide your hair into three sections: the front, the crown and the back. The finer the hair the thicker the sections need to be.

2. French braid the crown, braiding towards the right ear, and tie with a rubber band.

3. Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.

4. Once your front braid has reached the right side, connect it with the crown braid.

5. Braid them into the remaining hair. Make sure to braid right down to the very tip.

6. Wrap the braid going from the left to right around your crown and pin.

7. Use three pins on each side and one in the center to secure your braid.

8. As you go through, pull some pieces out at the root to make your braids chunkier.

Two for the road

Don't forget to pack these items for your August vacation

Malin + Goetz bug spray, $20

$20 malinandgoetz.com

Benefit Cosmetics Benetint Lip Balm SPF 15

$20, benefitcosmetics.com

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On the Web

Artist Yayoi Kusama sees the world in dots, collaborates with Louis Vuitton

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I will be renting a room for the upcoming school year and I'd like it to be bright and fun without breaking the bank. Any ideas?
Jenna Carter, via email

The secret to creating a well-pulled-together room on a budget is to keep all the colours of furniture and accessories consistent in style and colour. Your goal is not to have any one item stand alone to be recognized as a lesser expensive item. I suggest using some bright colours to give your room a personality all its own. Your wall colour and window treatment should match; Olympic Paints' Mountain Stream is a green-blue colour that will create a peaceful environment yet vibrant enough to act as a backdrop to more vibrant colour choice for the furnishings and accessories.

Mountain Stream C-57-3 from Olympic Paints, Olympic.com. Neutralize and calm bold accessories with a soft green/blue paint colour.

ODDA bed frame with drawers, $179

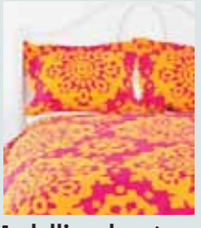
Offers an elevated sleeping experience with deep drawer storage underneath. Designed by Inma Bermudez for Ikea.ca. Black and white.

Go Cart bright orange desk, $169

Metal office worker rolls into place on 4 commercial wheels -2 wheels that lock. CB2.com. Matching file drawer, $189.

BAHIA office chair, $120

Pneumatic height adjustment, tilt back and mesh ensures great comfort and colourful style. Structube.com.



Paper Medallion duvet cover, from $79

Geometrics and the season's hottest colours make for a fashionable dorm room. UrbanOutfitters.com.

Pop-up hamper, $10

Perfect for small spaces; folds for flat storage and opens in seconds. Holds up to two loads of laundry. BedBathAndBeyond.ca.

Blush table lamp, $50

Add a splashy trend colour to your room. UrbanBarn.com.

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- Outstanding communication skills
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- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 14, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 15th 2012. PLEASE QUOTE: "SALES REPRESENTATIVE - CALGARY" in the subject line.
All submissions will be treated as confidential.

metro

Sliders grab the summer spotlight

1. Heat oven to 400 F. Blend sour cream and mustard in bowl; cover and refrigerate. Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mix in bowl with fork, mashing garlic. Rub pork with garlic mix; place in shallow baking pan and roast 25 minutes or until internal temperature is 160 F. Remove from oven; let stand 10 minutes.

2. Heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir 30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir for 5 minutes or until mushrooms are tender. Remove from heat; set aside.

3. Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mix. Spoon half of mushroom mixture on bottom of each roll. Top rolls evenly with sliced pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets. **NEWS CANADA/INTERNATIONAL OLIVE COUNCIL**

Ingredients

- 1/4 cup sour cream
- 2 tbsp coarse ground mustard
- 1 lb pork tenderloin, trimmed
- 5 tbsp extra virgin olive oil
- 2 large cloves garlic, divided and minced
- 1 1/2 tsp dried thyme leaves
- 4 cups finely chopped shiitake mushrooms
- 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Pork and Mushroom Sliders

This recipe makes 12 slides. NEWS CANADA

Bruschetta Burger. Add some pizzazz to your grilling experience

1. In a small bowl, combine tomato, Parmesan cheese, basil, garlic, vinegar and 5 ml (1 tsp) olive oil. Set aside.

2. Gently shape ground beef into 4 patties, 1 cm (1/2 inch) thick. Season burgers on both sides with seasoning.

3. Grill over direct medium heat (180 to 230 C/350 to 450 F), with the lid closed as much as possible, until the internal temperature reaches 160 C (325 F) for medium, 12 to 15 minutes, turning once.

4. Lightly brush both sides of sourdough bread with olive oil. Grill for 3 to 4 minutes, turning once, until bread is lightly toasted. Place each burger on a slice of bread; top with tomato mixture and remaining bread slices. **THE CANADIAN PRESS/WEBER GOURMET BURGER SEASONING**

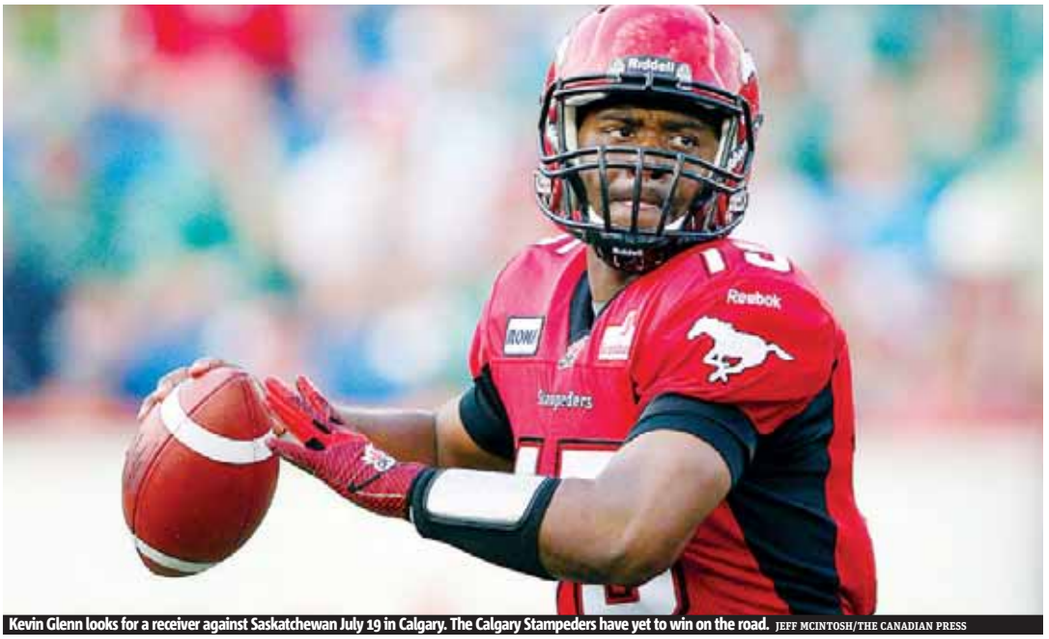
Ingredients

- 1 tomato, chopped
- 30 ml (2 tbsp) shredded Parmesan cheese
- 30 ml (2 tbsp) chopped basil
- 1 clove garlic, finely minced
- 5 ml (1 tsp) balsamic vinegar
- 5 ml (1 tsp) extra-virgin olive oil, plus extra for bread
- 750 g (1 1/2 lbs) ground beef
- 15 ml (1 tbsp) burger seasoning
- 8 slices sourdough bread

SPORTS 4

Mobile sports

Oxygen deprivation is part of life for synchronized swimmers. Canadian Marie-Pier Boudreau-Gagnon and partner Elise Marcotte spend about half of their free duet program underwater. Scan the code for the story.



Kevin Glenn looks for a receiver against Saskatchewan July 19 in Calgary. The Calgary Stampeders have yet to win on the road. JEFF MCINTOSH/THE CANADIAN PRESS

QBs Glenn, Burris to face their old teams

CFL. Two veterans meet on the field for first time since they were traded for each other

QB swap

- Glenn came to Hamilton in 2009, leading them to 27 victories in his three years — including playoff appearances in all three years and a spot in the Eastern final last year.
- But Hamilton sent him to Calgary for Burris, who had struggled for the Stamps and had been replaced at starting QB by Tate.
- Both men deny they have anything to prove, nor any scores to settle.
- Glenn currently has a 70.3 per cent completion rate for 1,108 yards, six touchdowns and four interceptions..
- Burris has a 69.7 per cent completion rate for 1,540 yards, 15 TDs and three interceptions.

Quarterback Kevin Glenn and the Calgary Stampeders have yet to win a game on the road, so what better place to do it than the field he called home for the past three seasons.

The Stamps meet the Hamilton Tiger-Cats on Thursday at Ivor Wynne Stadium in a CFL match-up featuring the first meeting between veteran quarterbacks who switched spots in the off-season.

But Glenn doesn't think his familiarity with Ivor Wynne will give him much of an advantage over Ticat pivot Henry Burris — the man for whom he was traded.

"He (Burris) still has the crowd behind him," said Glenn, 33, who left Hamilton as a starting quarterback only to join Calgary as the back-up to Drew Tate. But when Tate went down with a shoulder injury earlier this season, Glenn was back at the helm.

"You know (the crowd's) going to come out and they're going to boo me," he said. "You know they're going to get loud and try to disrupt the offence. That's what they do. But at the same time, I think it's going to be a good game.... Once we cross those lines, I'm the enemy now. It doesn't matter if I've played here before. But it's all gonna be in fun."

Calgary has a 2-3 record, last in the West, and is coming off a bye week (as are the Ticats), which they hope has put distance between themselves and a 34-8 drubbing they took from the B.C. Lions back on July 28.

So Glenn said the game has much more significance for him than just meeting his old teammates.

"It's getting back to .500," he said. "It's getting a win on the road. Coming off a bye week trying to establish some momentum for the rest of the season." THE CANADIAN PRESS

NHL

Flyers pad ailing blue-line by re-signing Bourdon

The Flyers re-signed defenceman Marc-Andre Bourdon to a multi-year contract extension on Wednesday, and agreed with centre Scott Laughton on an entry-level contract.

The news comes a day after Philadelphia's defence took another hit, when Andrej Meszaros underwent surgery to repair a torn Achilles tendon. Meszaros is out indefinitely.

Bourdon, 22, was selected by the Flyers in 2008 in the third round. Laughton, 18, was the Flyers' first-round selection in June. THE ASSOCIATED PRESS

MLB

Rays maintain dominance at home over Jays

The Toronto Blue Jays got some good news about injured slugger Jose Bautista after another loss at Tampa Bay.

Alex Cobb pitched seven solid innings, helping the Rays keep up their home dominance of Toronto in a 3-2 victory over the Blue Jays on Wednesday night.

Toronto manager John Farrell said Bautista, on the disabled list since July 17 due to a left wrist injury, has been cleared to take dry swings and hit off a tee on Monday. THE ASSOCIATED PRESS

Jays pitcher Carlos Villanueva sees a long fly caught by Anthony Gose Wednesday in St. Petersburg, Fla. THE ASSOCIATED PRESS

Awesome day on Eton Dorney

Adam van Koeverden celebrates with his silver medal at Eton Dorney on Wednesday. JULIAN FINNEY/GETTY IMAGES

Canoe-kayak. Van Koeverden finds bright side in silver, Oldershaw buoyed by his bronze

Two friends with a ton of Olympic history made the canoe-kayak medal podium Wednesday.

Adam van Koeverden won silver in kayak, his fourth medal in three Olympics, in the K-1 1,000 metres. And training partner Mark Oldershaw, a third-generation Olympian, claimed canoe bronze in the C-1 1,000 metres.

Watching over both of them was proud coach Scott Oldershaw, Mark's father.

Van Koeverden, the reigning world champion, looked for the silver lining in silver. Oldershaw, who finished 10th in Beijing four years ago when nerves got the best of him, was bubbling over bronze.

"(It feels) very heavy and it's awesome," a grinning Oldershaw said of the medal around his neck. "And I'm going to wear it for a while."

After a blazing start, van Koeverden lost gold to friend and longtime training partner Eirik Veras Larsen of Norway in the final stretch.

Larsen, 36, was the 2004 Olympic champion and 2008 silver medallist in the K-1 1,000. He also won bronze in the K-2 500 in Athens.

Van Koeverden won gold and bronze at the Athens Games in 2004 and a silver in Beijing. The gold and silver came in the 500 metres — which has since been replaced by a 200-metre race — and the bronze in the 1,000. He was eighth in the 1,000 in 2008.

The 30-year-old from Oakville, Ont., admits Beijing was a hard pill to swallow. He had won a lot of races going into the 2008 Games and put a lot of pressure on himself.

But he has matured over the years. Any disappointment Wednesday was tempered by respect for his rivals and knowing that you can't win them all.

Still, van Koeverden showed his steely side when asked if he had come out too fast.

"I started the way I wanted to," he replied. "I was supercomfortable. Going through the 500 I had tons of energy. It's not a case of a screwed-up race plan, this is a case of one guy in the whole world being better than me. And I can live with that.

"Seven billion people, one guy's better. It's OK."

The two Canadians won their medals in vastly different fashions.

Van Koeverden rocketed out of the start and held the lead until Larsen ran him down as the finish approached.

Oldershaw was a full second out of fourth place with 250 metres remaining but powered his way onto the podium. The 29-year-old from Burlington, Ont, may have gotten silver had it not been for fast-charging David Cal Figueroa of Spain. Germany's Sebastian Brendel won gold.

THE CANADIAN PRESS

Mark Oldershaw reacts to his bronze-medal finish on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted

"This is one of the bronze medals that means almost as much as a gold."

Scott Oldershaw on his son Mark's medal. Grandfather Bert Oldershaw finished fifth at the 1948 Games in London and went on to compete at two more Games. Scott competed in Los Angeles in 1984, while uncles Dean (Munich, 1972) and Reed (Montreal, 1976) were also Olympians.

By the numbers

4

Van Koeverden's Games resumé includes being flag-bearer in 2008 and carrying the flag at the closing ceremonies in 2004. His fourth medal Wednesday takes him one past Caroline Brunet, making him Canada's most prolific canoe-kayak Olympian.

Huynh battles to bronze with fortuitous clinches

Carol Huynh, left, grapples with Senegal's Isabelle Sambou on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada's Carol Huynh won a bronze medal in freestyle wrestling at the London Olympics on Wednesday while teammate Martine Dugrenier came up just short in her bid to reach the podium.

Huynh, the 2008 Olympic champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. The Calgary wrestler won tie-breaking clinches after each of the two scoreless rounds.

She said she was elated with the win.

"I didn't want it to end in two clinches but you know what, I'll take it," Huynh said. "I wanted that bronze medal."

About a half-hour later, Dugrenier lost to Battsetseg Soronzonbold of Mongolia in the bronze-medal bout at 63 kilograms. Soronzonbold stuffed Dugrenier's attacking attempts and outscored her in both rounds.

There was very little actual wrestling in Huynh's last match as the grapplers spent most of the bout clutching and grabbing. After drawing the offensive position in both clinches, Huynh scored early on both occasions to take the rounds.

"I wanted to do it with a bit more flair and take it to her, but it didn't really get going," said the 31-year-old Huynh. "I felt really lucky to get both clinches. I'm so happy to win another medal for Canada."

Huynh missed out on a chance to wrestle for gold at ExCel London North Arena 2 when she lost to Japan's Hitomi Obara in the semifinals.

Huynh won gold at the Pan Am Games last fall and has reached the world championship podium on four occasions (one silver, three bronze).

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Warner thrives through five in decathlon

London, Ont., native Damian Warner competes in the long jump event in the men's decathlon at Olympic Stadium in London on Wednesday. Warner's 4,386 points were good enough for third place after five events. American Ashton Eaton sat in first after Day 1 with 9,039 points, a 220-point advantage over countryman Trey Hardee, who sits second. MATT DUNHAM/THE ASSOCIATED PRESS

Thursday's 3 to watch

Women's wrestling

Tonya Verbeek of Thorold, Ont., won a silver in Athens in 2004 and a bronze in Beijing in 2008. She'll look to complete her medal collection as competition gets underway in the 55-kilogram category.
Time: 6:42 a.m.
Channel: Sportsnet

Women's soccer

Abby Wambach and the United States face Japan in the gold-medal match at Wembley Stadium in front of possibly the largest crowd ever to watch women play soccer at the Olympics. The Americans have been dreaming of this rematch since losing to Japan at the 2011 World Cup final in Germany.
Time: 12:45 p.m.
Channel: TSN

Men's BMX

Tory Nyhaug of Coquitlam, B.C., finished 20th in the men's seeding run with a time of 39.515 seconds on Wednesday. He'll look to improve in the quarter-finals and finish strong in BMX's first-ever appearance at the Olympics.
Time: 8 a.m.
Channel: Sportsnet

Tough break

Whitfield broke collarbone in crash

Simon Whitfield broke his collarbone when he crashed on his bike in Tuesday's Olympic triathlon.

The 37-year-old from Victoria said via Twitter that it's a "small break, not displaced."

Whitfield was forced to drop out of Tuesday's race after he crashed spectacularly in a freak accident early in the bike leg.

In addition to the broken collarbone, Whitfield needed stitches in his big toe. He said his knees and shins were also banged up in the crash.

Whitfield, the Olympic champion in 2000 and silver medallist in 2008, was considered a medal longshot in London. He was Canada's flag-bearer at the opening ceremony.

Kayaker Adam van Koeverden, who won a silver medal Wednesday, said Whitfield had planned to come see him race but had to instead have an X-ray.

"I was crying (Tuesday)," van Koeverden said of watching the race. "I was allowing myself to cry, because it was a healthy expression of emotions. I didn't really cry until I saw a picture of (daughter) Pippa and (wife) Jennie. Because I know them both really well and Jennie is the stalwart of that family. She holds everything down and she does so much work."

Van Koeverden had had high hopes for Whitfield's chances in the triathlon.

"He deserved more (Tuesday). He would have run with those guys, I'm certain," he said.

THE CANADIAN PRESS

Day 12 results

MEDAL STANDINGS

216 of 302 total medal events

Nation	G	S	B	Tot
United States	34	22	25	81
China	36	22	19	77
Russia	11	19	22	52
Britain	22	13	13	48
Germany	7	15	10	32
Japan	4	13	14	31
France	8	9	11	28
Australia	5	12	9	26
South Korea	12	7	6	25
Italy	7	6	4	17
Netherlands	5	4	6	15
Canada	**1**	**4**	**9**	**14**
Hungary	6	2	3	11
New Zealand	3	2	5	10
Brazil	2	1	7	10
Belarus	3	2	4	9
Ukraine	3	0	6	9
Spain	2	6	1	9
Romania	2	5	2	9
Denmark	2	4	3	9
Kazakhstan	6	0	2	8
Iran	4	3	1	8
Poland	2	1	5	8
Cuba	3	3	1	7
Sweden	1	3	3	7
Jamaica	2	2	2	6
Czech Republic	1	3	2	6
North Korea	4	0	1	5
Kenya	1	2	2	5
Colombia	0	3	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Azerbaijan	0	2	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ATHLETICS

Men's 200m — Semifinals — Jared Connaughton, Charlottetown, P.E.I., finished seventh in heat one and failed to qualify with a time of 20.64. Aaron Brown, Toronto, finished fourth in heat two and failed to qualify with a time of 20.42.
Men's 5000m — First Round Qualifying — Cameron Levins, Black Creek, B.C., finished in eighth in heat two and qualified with a time of 13:18.29.
Men's Javelin — Qualifying — Curtis Moss, New Westminister, B.C., finished 13th and failed to qualify with a distance of 78.22.
Women's 800m — First Round Qualifying — Jessica Smith, North Vancouver, B.C., finished second in heat three and qualified with a time of 2:07.75. Melissa Bishop, Eganville, Ont., finished sixth in heat five and failed to qualify with a time of 2:09.33.
Women's 1500m — Semifinals — Hilary Stellingwerff, London, Ont., finished sixth in heat one and failed to qualify with a time of 4:05.57. Nicole Sifuentes, Winnipeg, finished 11th in heat two and failed to qualify with a time of 4:06.33.
Women's Hammer Throw — Qualifying — Sultana Frizell, Perth, Ont., finished in 14th in group one with a distance of 67.45 and failed to qualify. Heather Steacy, Lethbridge, Alta., finished 17th with a distance of 63.40 and failed to qualify in group two..

DECATHLON

Men's 100m — Damian Warner, London, Ont., finished in third with a time of 10.48 in heat three.
400m — Warner finished third in heat four with a time of 48.20.
Long jump — Warner won group two with a distance of 7.54.
Shot Put — Warner finished 10th with a distance of 13.73.
High Jump — Warner won group two with a height of 2.05.
Cumulative Ranking — Warner sits in third place heading into the second day of competition with 4386 points.

CANOE-KAYAK

Men's Kayak Singles 1000m — A Final— Adam van Koeverden, Oakville, Ont., won a silver medal with a time of 3:27.170.
Men's Canoe Singles 1000m — A Final — Mark Oldershaw, Burlington, Ont., won a bronze medal with a time of 3:48.502.
Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

CYCLING

Men's BMX — Tory Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39.515.

DIVING

Women's 10m Platform — Preliminary — Meaghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified with a score of 314.85.

EQUESTRIAN

Individual Jumping — Ian Millar, Perth, Ont., and his horse Star Power finished in a tie for ninth (11, 4; 7, 4), 8.

SAILING

49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, finished in 17th (162).

WRESTLING

Women's Freestyle — 48Kg — Carol Huynh, Calgary, defeated Isabelle Sambou, Senegal, 1-0, 3-0, Points to win a bronze medal.
Women's Freestyle — 63Kg — Martine Dugrenier, Laval, Que., lost to Battsetseg Soronzonbold, Mongolia, 2-0, 1-0, Points in the bronze medal match.

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.
GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

MEN

QUARTERFINALS
Wednesday, Aug. 8
Russia 83, Lithuania 74
Spain 66, France 59
Argentina 82, Brazil 77
United States 119, Australia 86
SEMIFINALS
Friday, Aug. 10
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.

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The final draws start on Sep. 7th at 6 pm and continue on Sep. 8th at 9 am at the grand prize show home. Only tickets received before 11 pm Aug. 19th will be eligible. Total number of tickets will be 16,000 single tickets at $100 each, 8,500 sets of 6 for $200 and 6,750 sets of 15 for $300 for a grand total of 168,250 tickets. The Kin Win 50 draw will be held on Sep. 7th at the grand prize show home stating at 6:00 pm. Only tickets purchased before 11 pm Aug. 19th will be eligible. Total number of tickets will be 6,000 at $5 each, 11,000 at 10 for $25, and 7,900 at 25 for $50 for a grand total of 313,500 tickets. Project managed by Bob Wallace #RTM12941 / Stride Management Corp. For complete rules go to homelotto.com.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	64	46	.582	—
Baltimore	60	51	.541	4½
Tampa Bay	58	52	.527	6
Boston	55	57	.491	10
Toronto	**53**	**57**	**.482**	**11**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	60	50	.545	—
Detroit	60	51	.541	½
Cleveland	51	60	.459	9½
Minnesota	49	62	.441	11½
Kansas City	47	63	.427	13

WEST DIVISION

	W	L	Pct	GB
Texas	65	45	.591	—
Oakland	60	51	.541	5½
Los Angeles	59	53	.527	7
Seattle	51	62	.451	15½

Wednesday's results
Tampa Bay 3 **Toronto 2**
Texas 10 Boston 9
Baltimore 9 Seattle 2
Oakland 9 L.A. Angels 8
Cleveland 6 Minnesota 2
Kansas City 2 Chicago White Sox 1
N.Y. Yankees 12 Detroit 8
Tuesday's results
Tampa Bay 4 **Toronto 1**
Texas 6 Boston 3
Minnesota 7 Cleveland 5
Baltimore 8 Seattle 7 (14 inn.)
Oakland 10 L.A. Angels 4
Kansas City 5 Chicago White Sox 2
Detroit 6 N.Y. Yankees 5
Thursday's games
All times Eastern
N.Y. Yankees (Kuroda 10-8) at Detroit (Fister 6-7), 1:05 p.m.
Toronto (H.Alvarez 7-8) at Tampa Bay (M.Moore 8-7), 1:10 p.m.
Boston (Doubront 10-5) at Cleveland (Jimenez 8-11), 7:05 p.m.
Kansas City (W.Smith 2-4) at Baltimore (W.Chen 10-6), 7:05 p.m.
Friday's games
Boston at Cleveland, 7:05 p.m.
Kansas City at Baltimore, 7:05 p.m.
N.Y. Yankees at **Toronto**, 7:07 p.m.
Detroit at Texas, 8:05 p.m.
Oakland at Chicago White Sox, 8:10 p.m.
Tampa Bay at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Pct.
Trout LAA	88	358	87	124	.346
MiCabrera Det	110	436	73	142	.326
AJackson Det	88	347	69	111	.320
Rios CWS	107	412	68	131	.318
Konerko CWS	101	377	49	119	.316
Mauer Min	102	377	63	119	.316
Ortiz Bos	89	320	65	101	.316
Jeter NYY	107	455	61	143	.314
Cano NYY	109	428	68	134	.313
AdGonzalez Bos	110	432	58	134	.310

Runs—Trout, LA, 87; Kinsler, Tex, 80; Granderson, NY, 76; MiCabrera, Det, 73; **Encarnacion, Toronto, 69;** Choo, Cle, 69; De Aza, Chi, 69; AJackson, Det, 69; AdJones, Balt, 69.
RBI—MiCabrera, Det, 95; Hamilton, Tex, 95; Willingham, Min, 83; Fielder, Det, 80; Pujols, LA, 76; ADunn, Chi, 75; **Encarnacion, Tor, 74.**
Home Runs—ADunn, Chi, 31; Hamilton, Tex, 30; **Encarnacion, Toronto, 29;** MiCabrera, Det, 29; Granderson, NY, 29; Willingham, Min, 29.
Wednesday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	68	43	.613	—
Atlanta	64	47	.577	4
New York	53	58	.477	15
Miami	51	60	.459	17
Philadelphia	50	61	.450	18

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	66	45	.595	—
Pittsburgh	63	47	.573	2½
St. Louis	60	51	.541	6
Milwaukee	51	59	.464	14½
Chicago	43	66	.394	22
Houston	36	76	.321	30½

WEST DIVISION

	W	L	Pct	GB
San Francisco	61	50	.550	—
Los Angeles	59	52	.532	2
Arizona	56	55	.505	5
San Diego	49	64	.434	13
Colorado	40	68	.370	19½

Wednesday's results
Miami 13 N.Y. Mets 0
San Diego 2 Chicago Cubs 0
San Francisco 15 St. Louis 0
Atlanta 12 Philadelphia 6
Milwaukee 3 Cincinnati 2
Pittsburgh 7 Arizona 6
Washington 4 Houston 3
Colorado at L.A. Dodgers
Tuesday's results
Colorado 3 L.A. Dodgers 1
Miami 4 N.Y. Mets 2
San Diego 7 Chicago Cubs 4
Arizona 10 Pittsburgh 4
San Francisco 4 St. Louis 2
Philadelphia 3 Atlanta 0
Washington 3 Houston 2 (12 inn.)
Milwaukee 3 Cincinnati 1
Thursday's games
All times Eastern
Miami (Jo.Johnson 7-7) at N.Y. Mets (Dickey 14-3), 12:10 p.m.
San Francisco (Bumgarner 12-6) at St. Louis (Wainwright 9-10), 1:45 p.m.
Arizona (J.Saunders 5-8) at Pittsburgh (W.Rodriguez 7-10), 4:05 p.m.
Cincinnati (Leake 4-7) at Chicago Cubs (Volstad 0-8), 8:05 p.m.
Washington (Zimmermann 8-6) at Houston (Harrell 9-7), 8:05 p.m.
Friday's games
Cincinnati at Chicago Cubs, 2:20 p.m.
San Diego at Pittsburgh, 7:05 p.m.
St. Louis at Philadelphia, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
L.A. Dodgers at Miami, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Washington at Arizona, 9:40 p.m.
Colorado at San Francisco, 10:15 p.m.

NL LEADERS

	G	AB	R	H	Pct.
McCutchen Pit	105	393	75	146	.372
MeCabrera SF	106	430	78	152	.353
Votto Cin	86	298	52	102	.342
Ruiz Phi	95	313	47	105	.335
Posey SF	99	360	47	118	.328
CGonzalez Col	100	398	73	129	.324
DWright NYM	106	393	67	127	.323
Holliday StL	107	409	72	132	.323
YMolina StL	96	361	45	115	.319
Freese StL	100	366	53	114	.311

Runs—MeCabrera, SF, 78; McCutchen, Pitt, 75; Bourn, Atl, 73; Braun, Milw, 73; CGonzalez, Col, 73; JUpton, Ariz, 73; Holliday, StL, 72.
RBI—Beltran, StL, 78; Holliday, StL, 76; Braun, Mil, 75; CGonzalez, Col, 74; Kubel, Arz, 73; Posey, SF, 73.
Wednesday's games not included

RAYS 3, BLUE JAYS 2

Toronto	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
R.Davis lf	3	1	0	0	0	1	.257
Rasmus cf	4	0	1	0	0	2	.251
Encarnacion dh	3	0	1	1	0	1	.290
Y.Escobar ss	4	0	1	0	0	0	.254
Cooper 1b	4	1	1	1	0	0	.280
K.Johnson 2b	4	0	1	0	0	1	.232
Mathis c	3	0	1	0	0	1	.223
Gose rf	3	0	0	0	0	2	.216
Hechavarria 3b	2	0	0	0	0	2	.091
Totals	**30**	**2**	**6**	**2**	**0**	**10**	
Tampa Bay	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
De.Jennings lf	4	1	1	0	0	2	.237
B.Upton cf	4	1	1	1	0	1	.243
Joyce rf	4	0	1	0	0	1	.270
Longoria dh	4	0	0	0	0	3	.315
Zobrist 2b	2	1	1	0	2	0	.253
C.Pena 1b	3	0	0	0	1	0	.194
Keppinger 3b	4	0	1	1	0	0	.310
E.Johnson ss	0	0	0	0	0	0	.248
J.Molina c	3	0	1	0	0	1	.189
S.Rodriguez ss-3b	3	0	1	0	0	2	.208
Totals	**31**	**3**	**7**	**2**	**3**	**10**	

Toronto	001	000	001	—2	6 1
Tampa Bay	003	000	00x	—3	7 0

E—Hechavarria (1). LOB—Toronto 5, Tampa Bay 7. 2B—K.Johnson (13), De.Jennings (13), B.Upton (18). HR—Cooper (4), off Rodney. RBIs—Encarnacion (75), Cooper (8), B.Upton (40), Keppinger (23). SB—B.Upton (21). S—Mathis. SF—Encarnacion.
GIDP—R.Davis, Longoria.

Toronto	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Villanueva L, 6-2	6	6	3	3	3	7	103	3.30
Delabar	1	0	0	0	0	2	14	3.70
Lincoln	1	1	0	0	0	1	17	0.00
Tampa Bay	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Cobb W, 6-8	7	5	1	1	0	7	102	4.32
Jo.Peralta H, 26	1	0	0	0	0	3	13	3.72
Rodney S, 34-35	1	1	1	1	0	0	9	0.85

HBP—by Cobb (R.Davis, Hechavarria). Balk—Villanueva.
T—2:42. A—13,441 (34,078).

BLUE JAYS STATISTICS

BATTERS	**AB**	**R**	**H**	**HR**	**RBI**	**AVG**
Sierra	16	2	6	0	2	.375
Encarnacion	387	69	112	29	74	.289
Lawrie	397	59	112	9	40	.282
Cooper	89	11	25	3	7	.281
Davis	254	43	66	6	27	.260
Escobar	406	49	103	7	37	.254
Rasmus	403	56	101	20	66	.251
Bautista	328	63	80	27	65	.244
Arencibia	281	36	68	16	50	.242
Johnson	376	48	87	12	41	.231
Gose	48	4	11	0	2	.229
Lind	198	17	45	8	27	.227
Vizquel	98	10	22	0	3	.224
Mathis	118	18	26	6	17	.220
Gomes	66	7	11	3	10	.167
Hechavarria	9	0	1	0	0	.111
PITCHERS	**W**	**L**	**SV**	**IP**	**SO**	**ERA**
Mathis	0	0	0	2.0	0	9.00
Jenkins	0	0	0	3.0	2	0.00
Lincoln	0	0	0	4.2	3	0.00
Lyon	1	0	0	8.0	16	1.13
Oliver	2	2	2	40.1	40	1.34
Janssen	1	1	14	42.2	44	2.11
Morrow	7	4	0	77.2	67	3.01
Villanueva	6	1	0	67.2	71	3.19
Perez	2	2	0	42.0	39	3.43
Loup	0	2	0	13.0	9	3.46
Delabar	2	1	0	40.1	52	3.79
Frasor	1	1	0	36.0	45	4.00
Laffey	3	2	0	55.1	30	4.39
Alvarez	7	8	0	131.0	49	4.47
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Romero	8	8	0	136.2	97	5.47
Happ	0	1	0	11.1	12	6.35
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

Wednesday's game not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Toronto	6	3	3	0	138	151	6
Montreal	6	3	3	0	164	188	6
Winnipeg	6	1	5	0	127	199	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	6	4	2	0	158	119	8
Saskatchewan	5	3	2	0	155	113	6
Edmonton	5	3	2	0	111	79	6
Calgary	5	2	3	0	155	154	4

WEEK SEVEN
Byes: B.C., Montreal, Toronto, Winnipeg
Thursday's game
All times Eastern
Calgary at Hamilton, 7 p.m.
Friday's game
Saskatchewan at Edmonton, 9:30 p.m.

SCORING LEADERS

(x — scored 2-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	16	14	3	61
McCallum, BC	0	16	14	2	60
Milo, Sask	0	16	11	4	53
Palardy, Wpg	0	9	13	0	48
Paredes, Cal	0	14	11	0	47
Shaw, Edm	0	10	12	1	47
x-Lewis, Cal	6	2	0	0	38
Congi, Ham	0	19	6	1	38
Sheets, Sask	6	0	0	0	36
Prefontaine, Tor	0	5	10	1	36
Walker, Ham	5	0	0	0	30
C.Williams, Ham	5	0	0	0	30
Waters, Tor	0	5	7	1	27
x-Matthews, Wpg	4	2	0	0	26
Boyd, Tor	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pts
Houston	23	11	5	7	35	25	40
Kansas City	23	12	7	4	28	21	40
New York	23	11	7	5	38	34	38
D.C.	21	11	7	3	35	27	36
Chicago	22	10	7	5	25	24	35
Montreal	25	9	13	3	35	43	30
Columbus	20	8	8	4	20	21	28
Philadelphia	20	7	11	2	22	24	23
New England	22	6	11	5	26	28	23
Toronto	22	5	13	4	25	40	25

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pts
San Jose	23	13	5	5	45	28	44
Salt Lake	24	13	8	3	35	28	42
Seattle	22	10	5	7	31	22	37
Vancouver	23	9	7	7	26	28	34
Los Angeles	24	10	11	3	39	39	33
Chivas USA	20	7	8	5	14	21	26
Colorado	23	8	14	1	29	32	25
Dallas	24	5	11	8	26	32	23
Portland	22	5	12	5	20	37	20

Note: Three points for a win, one for a tie.
Friday's game
All times Eastern
Houston at New York, 8 p.m.
Saturday's games
Salt Lake at Vancouver, 7 p.m.
Toronto at Columbus, 7:30 p.m.
D.C. at Kansas City, 8:30 p.m.
Colorado at Dallas, 9 p.m.
Seattle at San Jose, 10:30 p.m.
Sunday's games
Montreal at New England, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Los Angeles at Chivas USA, 11 p.m.

TENNIS

ATP

ROGERS CUP

At Toronto
Singles — Second Round
Novak Djokovic (1), Serbia, def. Bernard Tomic, Australia, 6-2, 6-3.
Andy Murray (2), Britain, def. Flavio Cipolla, Italy, 6-1, 6-3.
Jeremy Chardy, France, def. Jo-Wilfried Tsonga (3), France, 6-4, 7-6 (4).
Tomas Berdych (4), Czech Republic, def. Julien Benneteau, France, 6-7 (10), 6-4, 6-4.
Janko Tipsarevic (5), Serbia, def. Mikhail Youzhny, Russia, 7-6 (2), 6-4.
Radek Stepanek, Czech Republic, def. Juan Martin del Potro (6), Argentina, 6-4, 7-6 (5).
Marin Cilic (10), Croatia, def. Marcos Baghdatis, Cyprus, 7-5, 6-3.
Philipp Kohlschreiber (12), Germany, def. Fabio Fognini, Italy, 6-2, 6-2.
Richard Gasquet (14), France, def. Mikhail Kukushkin, Kazakhstan, 6-3, 7-5.
Marcel Granollers, Spain, def. Florian Mayer (15), Germany, 6-3, 6-4.
Doubles — First Round
Milos Raonic, Thornhill, Ont., and Viktor Troicki, Serbia, def. Mardy Fish, United States, and Mark Knowles, Bahamas, 7-5, 2-6, 10-8 tiebreak.

WTA

ROGERS CUP

At Montreal
Singles — First Round
Eugenie Bouchard, Westmount, Que., def. Shahar Peer, Israel, 3-6, 6-2, 7-5.
Peng Shuai, China, def. Aravane Rezai, France, 7-6 (5), 6-3.
Christina McHale, United States, def. Arantxa Rus, Netherlands, 3-6, 6-1, 6-3.
Mona Barthel, Germany, def. Timea Babos, Hungary, 6-4, 5-7, 7-6 (5).
Kiki Bertens, Netherlands, def. Nadia Petrova, Russia, 3-6, 7-6 (4), 6-4.
Varvara Lepchenko, United States, def. Anastasia Pavlyuchenkova, Russia, 6-2, 6-3.
Singles — Second Round
Sara Errani (8), Italy, def. Jana Cepelova, Slovakia, 6-3, 6-2.

FOOTBALL

NFL PRE-SEASON

Thursday's games
All times Eastern
Washington at Buffalo, 7 p.m.
Pittsburgh at Philadelphia, 7:30 p.m.
Baltimore at Atlanta, 7:30 p.m.
New Orleans at New England, 7:30 p.m.
Green Bay at San Diego, 8 p.m.
Denver at Chicago, 8:30 p.m.
Friday's games
Tampa Bay at Miami, 7:30 p.m.
N.Y. Jets at Cincinnati, 7:30 p.m.
N.Y. Giants at Jacksonville, 7:30 p.m.
Cleveland at Detroit, 7:30 p.m.
Arizona at Kansas City, 8 p.m.
Minnesota at San Francisco, 9 p.m.
Saturday's games
Houston at Carolina, 7 p.m.
Tennessee at Seattle, 10 p.m.
Sunday's game
St. Louis at Indianapolis, 1:30 p.m.
Monday's game
Dallas at Oakland, 8 p.m.

TRANSACTIONS

BASEBALL

MLB

COMMISSIONER'S OFFICE — Suspended N.Y. Mets minor league RHP Nicolas Debora, Chicago Cubs minor league LHP Andin Diaz, N.Y. Yankees minor league LHP Carlos Diaz and Kansas City minor league RHP Jose Geraldo 50 games for violations of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Recalled RHP Miguel Socolovich from Norfolk (IL). Placed INF Ryan Flaherty on the 15-day DL, retroactive to Aug. 2.
BOSTON RED SOX — Placed RHP Vicente Padilla on the 15-day DL, retroactive to Aug. 6. Recalled RHP Clayton Mortensen from Pawtucket (IL).
TEXAS RANGERS — Placed C Yorvit Torrealba on unconditional release waivers.

NATIONAL LEAGUE

PITTSBURGH PIRATES — Recalled LHP Jeff Locke from Indianapolis (IL). Optioned OF Alex Presley to Indianapolis.
SAN DIEGO PADRES — Assigned RHP Kip Wells outright to Tucson (PCL).

BASKETBALL

NBA

CHICAGO BULLS — Signed G Marquis Teague.
CLEVELAND CAVALIERS — Signed G-F C.J. Miles.

FOOTBALL

NFL

CAROLINA PANTHERS — Signed G Justin Wells. Placed WR Hubert Anyiam on the waived/injured list.
CHICAGO BEARS — Waived TE Draylen Ross.
NEW ENGLAND PATRIOTS — Signed OL Kyle Hill.
NEW YORK JETS — Signed WR Joseph Collins and WR Stanley Arukwe. Waived WR Chris Forcier and RB John Griffin. Claimed RB Jeremy Stewart off waivers from Philadelphia.
PHILADELPHIA EAGLES — Signed DT John Gill. Waived RB Jeremy Stewart.
TAMPA BAY BUCCANEERS — Signed CB James Rogers and DT Teryl White. Waived CB Derrick Roberson. Announced DE Jayme Mitchell has left the team.
TENNESSEE TITANS — Signed S Tracy Wilson. Placed C Eugene Amano on injured reserve.

HOCKEY

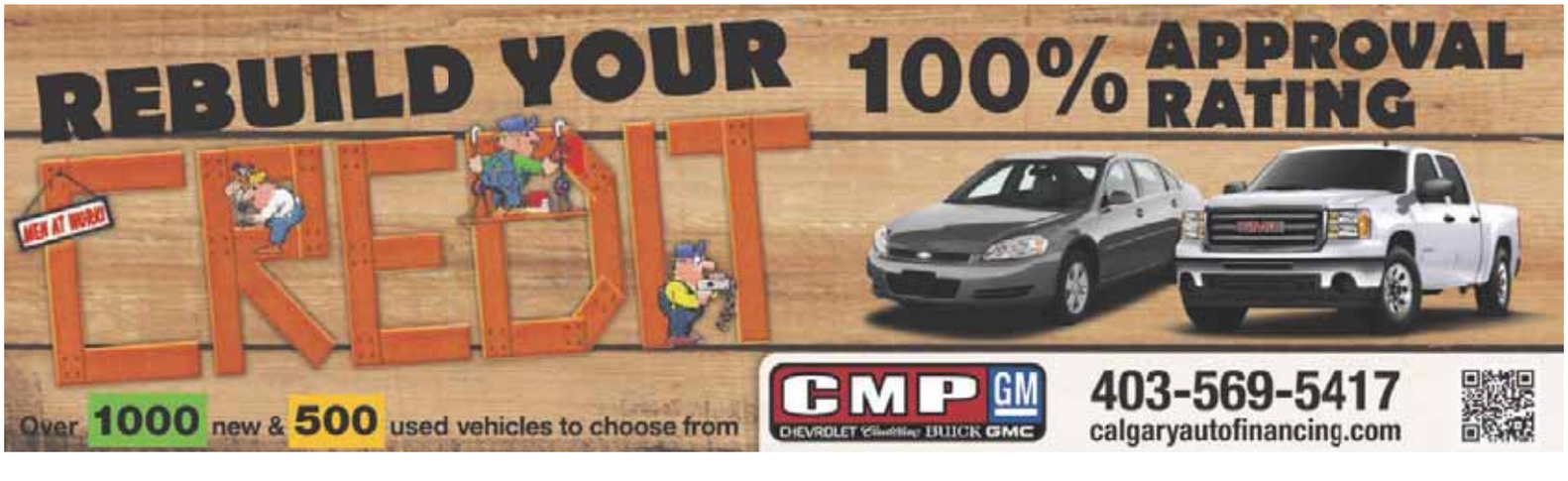
NHL

CAROLINA HURRICANES — Signed F Jeff Skinner to a six-year contract extension.
PHILADELPHIA FLYERS — Re-signed D Marc-Andre Bourdon to a multiyear contract extension. Agreed to terms with C Scott Laughton on an entry-level contract.
PHOENIX COYOTES — Renewed their affiliation agreement with Arizona (CHL).

SOCCER

MLS

COLORADO RAPIDS — Named David Burke chief revenue officer.
NEW YORK RED BULLS — Acquired G Luis Robles through the MLS allocation process.



Horoscopes

♈ Aries
March 21 - April 20
Make life easy for yourself today. Go with the flow and make the most of opportunities as and when they arrive. If you can do that then everything will be all right with your world.

♉ Taurus
April 21 - May 21
Today's cosmic alignment warns that if you have any doubts about what you are being asked to get involved with, it might be best to opt out. Your colleagues may not be happy but it's your happiness that counts.

♊ Gemini
May 22 - June 21
No matter how confident you may be of your own abilities, a lot still depends on other people, so don't take anything for granted. Make sure you can tell the difference between a calculated risk and a foolish one.

♋ Cancer
June 22 - July 23
You can sense changes are good for you and, as usual, your instincts are spot on. The readier you are to embrace the future, the quicker you will arrive at a place where your future is secure.

♌ Leo
July 24 - Aug. 23
A few words of encouragement from you could be all it takes to change a friend's day from a bad one into a great one. Maybe you don't realize it but your positive take on life is infectious — in a very good way.

♍ Virgo
Aug. 24 - Sept. 23
People know you can be a bit controversial at times but what you say today will antagonize a lot of people. Good. They need to be told that life is what it is, not what they wish it might be.

♎ Libra
Sept. 24 - Oct. 23
It's not true that every Libra is indecisive and you will go out of your way to prove it today. Something needs dealing with, something that you are best positioned to handle. Seize the initiative.

♏ Scorpio
Oct. 24 - Nov. 22
Just because some of the people you live and work with see things differently to you does not mean they are stupid — although it does not mean they are not either! Treat them and their opinions with respect today.

♐ Sagittarius
Nov. 23 - Dec. 21
Yes, you must stand up for your rights, but you also need to find ways to get along with other people, especially on the work front where no one will make progress unless you all progress together. Let them know that.

♑ Capricorn
Dec. 22 - Jan. 20
The planets indicate that the challenges you face over the next 24 hours are the final hurdles in your quest to do something important, so don't give up now. You are so close to the breakthrough you have been dreaming of.

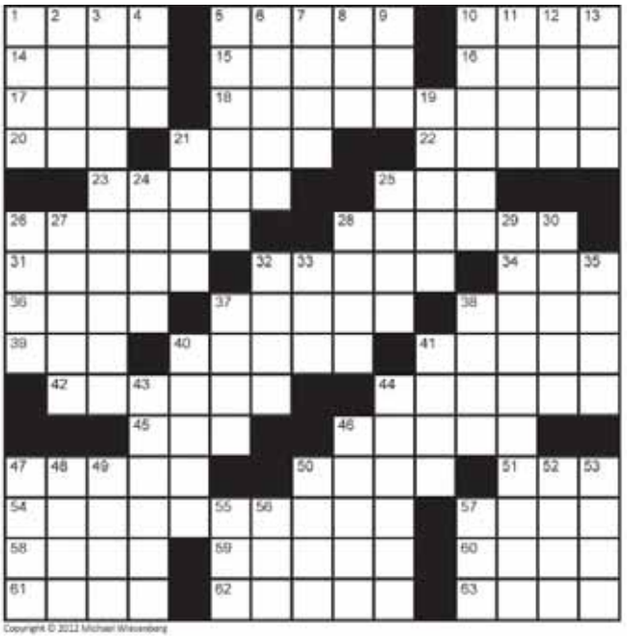
♒ Aquarius
Jan. 21 - Feb. 19
People in positions of power have been watching you closely and like what they see, so expect an offer of some kind to come your way over the next few days. Take it before one of your rivals does.

♓ Pisces
Feb. 20 - March 20
It does not matter how hard the task you are about to undertake happens to be, you will make a resounding success of it.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



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Across
1. Where to find Memphis: abbr.
5. BC neighbor to the south
10. Alder or aspen
14. Persia, now
15. Grass cutter
16. Beneficiary of a will
17. Underground digging workplace
18. 55-Down animals (2 wds.)
20. Beaufort ___: body of water north of 55-Down
21. Easter entrees
22. Empty, as an apartment
23. Celebrities
25. BMO competitor
26. BC-born *Baywatch* babe Anderson
28. Edmonton team
31. By oneself
32. Hat-trick number
34. Fall mo.
36. High tennis shots
37. Clothing tag
38. "As ___ as the driven snow"
39. *Grease* band ___ Na Na
40. Flies alone
41. Bread bun that's boiled and baked
42. Circle in Canada's north
44. ___ McAdams: London, Ontario-born *Wedding Crashers* star
45. Certain batteries
46. Apple centre remover
47. Call off, in NASA-speak
50. Box office disaster
51. Exchanged vow (2 wds.)
54. Canadian or ___ Shield
57. Saskatchewan neighbor to the south: abbr.
58. Countenance
59. "___ side are you on?"
60. Crème ___ crème (2 wds.)
61. Like a barbecue pit
62. Irritable
63. Carnivore's quarry

Down
1. Canada's quintessential coffee and donut place, familiarly
2. A Great Lake
3. Canadian ice cream cookie treat (2 wds.)
4. SSW opposite
5. African antelope or Chevrolet
6. Unhappy ends
7. Belt-hole makers
8. "Isn't ___ bit like you and me?": Beatles (2 wds.)
9. Canadian-born hockey great Bobby
10. From that point on
11. Actual
12. Ireland
13. Formerly
19. BC-born pop singer Michael
21. Excavation
24. Animal lairs
25. Manitoba's Louis ___
26. Buddies
27. Hawaiian greeting
28. They come from 17-Across
29. Saskatchewan team member
30. Mountainside debris
32. After-bath powder
33. *The Sopranos* home
35. Snitch
37. ___ Maxwell: Kitchener-born Miss Moneypenny player in many Bond movies
38. Footstep
40. Aver
41. Cutting remark
43. Newmarket, Ontario-born star Jim of *The Mask*
44. US presidential candidate Mitt
46. Canada's East or West ___
47. ___ Romeo: Italian sportscar
48. Lambs' laments
49. "That hurt!"
50. Book jacket blurbs, essentially, in short
52. Broad lowland
53. Rubber-stamp
55. 42-Across site: abbr.
56. Article that often comes before 57-Down
57. Official Parliament opposition

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			4			7		
3	9						4	
		8			6		2	
	3	4	7	5			1	
1								9
	5			2	4	3	8	
	7		5			9		
	6						3	8
		9			1			

Yesterday's Sudoku

7	4	5	8	6	2	9	1	3
8	1	2	3	9	7	6	4	5
9	6	3	1	4	5	2	8	7
5	9	1	4	8	3	7	6	2
4	3	7	5	2	6	1	9	8
6	2	8	9	7	1	3	5	4
3	5	9	7	1	4	8	2	9
2	8	4	6	3	9	5	7	1
1	7	9	2	5	8	4	3	6

Weather

TODAY	FRIDAY	SATURDAY
MAX: 26° MIN: 14°	MAX: 23° MIN: 12°	MAX: 22° MIN: 8°

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3 LEFT PANASONIC 54" 3D PLASMA TV — $1499 REG $2999

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